

## DUTCH OVEN TIPS

1. When you first get your Dutch Oven, wash it with soap and water and rinse thoroughly. Avoid using soap from then on.
2. Never pour cold water into a hot Dutch Oven.
3. Once you have used the oven a few times, a nice black patina will develop, which will help make the oven a somewhat non-stick pot. When cleaning, avoid scraping this patina off and exposing bare metal.
4. Avoid letting sugary liquids burn on the oven surface. It will be difficult to remove. Use a foil pan for pies or cakes or line the Dutch Oven with parchment paper.
5. After cleaning, especially when water is used, always dry and apply a very thin coat of oil to entire surface and lid of Dutch Oven. (Do not use olive oil for this). This will prevent rusting.
6. Always prepare the Dutch Oven for food by coating the inside with oil or cooking spray.
7. For coals and good starting point is the rule of 3's. If you have a 12 Qt. Dutch Oven, you with add or subtract 3 (9 or 15). For baking, add 3 to top and take away 3 for bottom. For stewing or any liquid-based recipe, reverse the formula. In cold weather, you will likely have to adjust the number of coals and as they burn down you will need to add fresh coals for recipes that take longer than 30 minutes.
8. Be sure to place small strips of cardboard or folded napkins around the lid to allow air to circulate when storing.
9. Never allow the Dutch Oven to sit in water. It will rust.
10. Never place an empty Dutch Oven into a hot fire, this could cause it to warp or crack.
11. Remember a Dutch Oven is cast iron and will stay very HOT for a very long time. Always use gloves and a lid lifter.
12. If a Dutch oven gets rusty or develops a rancid smell from bits of food left in it, always wash and re-season it before using it to prepare food. This will avoid some unnecessary trips to the latrine.



**SUFFOLK COUNTY COUNCIL  
BOY SCOUTS OF AMERICA**

**MATINECOCK DISTRICT**

**INTRODUCTION TO OUTDOOR  
LEADERSHIP SKILLS  
CAMP COOKBOOK**

**MAY 2016**



Thank you for attending Introduction to Outdoor Leadership Skills. You've taken an important step to ensure your scouts have the best possible program.

We are presenting a variety of our favorite camping meals to demonstrate several different ways you can eat well in the outdoors.

In case you like what you taste (and we think you will), we have included the recipes and more in this brochure for you to try on your next trip.

Please be considerate of those who will camp here after we have gone. *Remember to Leave No Trace.* Take all trash with you and dispose of properly.

#### The Cooking Staff

Greg "Don't Give Him Matches!" Aylmer  
Tammy "Big Mess" Campolpagnola/Levinsky  
Don "Pass the Roloids" Ghee  
Mike "Big Ovens" Kramer  
Kurt "Boss Chicken" Rosenhagen  
Michael "Texas Revenge" Shef  
Marc "Burned Bottom" Sherman

## DOUGHNUT HOLES

### INGREDIENTS:

1-2 cans refrigerated cinnamon buns  
1 qt cooking oil  
1 cup powdered or granular sugar  
several paper lunch bags

In a small pot, heat oil to 350 - 365 degrees. Open package of rolls and cut up and roll into 1" balls. Fry balls of dough (6-8 at a time) in oil until golden brown. Using tongs or slotted spoon, remove balls from oil and place in bag loaded with 1/4 cup of sugar. Close bag and shake until balls are covered. Serve warm or cold. When bag becomes too greasy discard and use a fresh bag.

Recipe by Don Dailey (remembered from 2000 Outdoor Training Course)

### Note of Advice to Scouts on Donut Holes:

As you travel on through life my friend,  
Whatever be your goal,  
Keep your eye upon the donut  
And not upon the hole.  
*Anon*

## PINEAPPLE UPSIDE DOWN CAKE

### INGREDIENTS:

#### Topping

4 Tbs. Butter  
1 cup brown sugar  
8 pineapple rings  
8 maraschino cherries

#### Cake Batter

1 yellow cake mix  
1 cup pineapple juice  
1/3 cup water  
3 eggs  
1/3 cup oil

**Prepare Cake Topping:** Melt butter in bottom of a 12" Dutch oven. Sprinkle brown sugar evenly over butter being careful not to touch the sugar once it has begun to dissolve into the butter. Carefully place pineapple rings on top of the brown sugar, 7 around the outside and 1 in the center. Place a maraschino cherry in the center of each pineapple ring.

**Prepare Cake Batter:** In a mixing bowl combine cake mix, pineapple juice, water, eggs and oil; mix well. Spoon cake batter carefully over the top of pineapple rings. Spread batter evenly to edges.

**Bake:** Cover Dutch oven and bake using 10-12 briquettes bottom and 14-16 briquettes top for 45 minutes or until top of cake springs back when touched.

Let the cake cool for 10 minutes or so in the oven with the lid cracked. Next run a rubber spatula around the inside edge of the oven to loosen the cake. To turn the cake out, first lay a piece of parchment paper across the top of the oven so it lays flat and replace the lid so that it holds the paper in place. Make sure you have an available lid stand resting on your table for the next step. Using gloved hands place one hand on the lid and the other hand under the oven and carefully lift and flip the oven over so the cake falls onto the lid. Rest the oven upside down on the lid stand and tap the bottom and sides of the oven lightly with your hand to make sure the cake didn't stick. Then lift the oven off the lid. The cake will be resting on the parchment lined lid and can be cooled this way or slid off the lid using the parchment paper. Allow cake to cool slightly before service.

Serves: 8-10

From Byron's Dutch Oven Recipes ([papadutch.home.comcast.net](http://papadutch.home.comcast.net))

## MOUNTAIN MAN BREAKFAST

### INGREDIENTS:

1/2 lb bacon (or pre-cooked sausage)  
1 Medium onion  
2 lb. bag of hash brown potatoes  
1/2 pound of grated cheddar  
1 dozen eggs  
Small jar of salsa (optional)  
The following requires 6-9 bottom coals and 12 -15 top coals.

### INSTRUCTIONS:

1. Pre-heat 12" Dutch oven.
2. Slice bacon and onion into small pieces and brown in the bottom of the Dutch oven until onions are clear.
3. Stir in the hash brown potatoes and cover; remove cover and stir occasionally to brown and heat potatoes (1 5-20 minutes)
4. Scramble the eggs in a separate container and pour the mixture over the hash browns. Cover and cook until eggs start to set. (10 - 15 minutes)
5. Sprinkle grated cheese over egg mixture, cover and continue heating until eggs are completely set and cheese melts.
6. Optional: cover cheese/egg mixture with a small jar (1 cup) of salsa. Cover and cook for an additional 3-5 minutes.
7. Slice and serve like quiche. (Real men don't eat quiche but I sure get lots of requests to cook up the Mountain Man.)
8. Cooking times will vary with the weather and your state of awake but it's almost impossible to screw up.

Serves 8.

Rich Locke, Adviser, Post 486, Williamsburg, VA  
The Dutch oven Cookbook, Version 2.3 -- July 1995  
Original Compilation in 1990 © by Mike Audleman  
With additional editing in 1994 and 1995 by  
John W. Lyver, IV, ASM, Troop 1577, Hendon, VA  
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## **BREAKFAST BURRITO IN A BAG**

### **INGREDIENTS:**

2 eggs  
Tortillas  
1/8 cup peppers, chopped  
1/8 cup onions, chopped  
2 links sausage  
Shredded cheddar or Jack cheese  
Salt & pepper  
Salsa  
Quart size Ziploc bag (heavy duty)

### **INSTRUCTIONS:**

In a large pot, boil some water.  
While water boils, chop and sauté onions, peppers and sausage in a pan.  
Break the eggs into a bag and shake it up.  
Add the peppers, onions, and sausage to the bag.  
Close the bag and place in the boiling water.  
As egg mixture cooks, warm the tortilla.  
When the eggs are cooked, take them out and pour into the tortilla.  
Top with shredded cheese and salsa before rolling up tortilla.

Enjoy!

Serves 1

If made by Patrol, start with 1 dozen eggs, 1 pack of sausage, 1 bag of cheese, 1 small onion, and 1 pepper. Then just divide for cooking. Several bags can be cooked at once in the water, so everyone can eat together.

By Don Dailey

## **LAZY PEACH COBBLER**

### **(SOME CALL IT DUMP CAKE)**

### **INGREDIENTS:**

1 large can sliced peaches  
1 stick butter (or margarine under dire circumstances) broken into small pieces  
1 package white cake mix  
Cinnamon to taste  
The following requires 10-12 bottom coals and 4-6 top coals.

### **INSTRUCTIONS:**

Preheat Dutch oven over a bed of coals.  
When Dutch oven is preheated, pour the whole can of peaches and juice into the oven.  
Pour the dry cake mix over the peaches.  
Distribute the butter evenly on top of the cake mix.  
Sprinkle cinnamon all over. Try to get some into the Dutch oven.

Place lid on oven, add 10-12 coals on the top and bake over 4-6 bottom coals for about 45 minutes.

Serves 8.

For variety, substitute a different canned fruit or cake mix.

Dutch Oven Cooking  
Second Edition

## BACKPACKERS ASIAN NOODLE DINNER

### INGREDIENTS:

One package Ramen Noodles (any flavor)  
6 oz. your favorite steak  
1 can Mixed Chinese Vegetables  
1 handful Bean Sprouts

### INSTRUCTIONS:

#### At home:

Cut steak into cubes and sauté until 95% done.  
Remove from heat, place into a zip lock bag and refrigerate or freeze depending on how soon you intend to cook.  
Remove from freezer or fridge before you leave for the hike, in enough time so that meat is not frozen when you plan to cook!

#### On the Trail:

Before opening the package, lightly crush the package to break up the bundle of noodles. If you forget this step, you will end up with one cooked noodle that is about 50 feet long!  
Open package and remove the flavor pack. Use or discard according to taste and how well you tolerate salt.  
Follow label to cook the noodles in boiling water until done (don't go far; this just takes a few minutes!)  
Mix in the steak, vegetables, and sprouts.  
Stir until everything is hot.  
Chopsticks are optional.

Serves 1 - 2

By Marc Sherman

## EGG IN A PAPER CUP

### INGREDIENTS:

1 Egg  
Water  
1 Paper Cup

### INSTRUCTIONS:

1. Place egg in cup
2. Fill cup to top with water
3. Place cup into hot coals (not roaring flames!)
4. Cook until egg is hard-boiled.

The cup will not burn if you keep it full of water!

Serves 1

By Phyllis Oakes

## BURGERS L'ORANGE

### INGREDIENTS

1 Orange  
3 - 4 ounces Chopped Meat  
Salt & Pepper

### INSTRUCTIONS

1. Cut orange about 1/3 down from the top
2. Hollow out the inside of the orange and eat up. More Vitamin C!
3. Fill the hollowed orange with the chopped meat
4. Place the orange carefully into a bed of hot coals and cook to desired taste

For a different taste, mix the chopped meat with your choice of seasoned breadcrumbs, onions, parsley, catsup, etc.

Serves 1

By George Skadl

## **SALAD IN A BAG**

### **INGREDIENTS:**

1-2 large heads of lettuce- cut or torn up  
1 cucumber - sliced  
2 large tomatoes  
1 large onion - sliced thin (optional)  
2 peppers (green and red) - sliced  
any other salad ingredient you like  
1 box croutons  
choice of salad dressing (to be added by diners)  
1 medium garbage bag (clean)

### **INSTRUCTIONS:**

Prepare each ingredient in turn and throw into trash bag. Close bag and "toss." Lay bag on table and roll down to form a large "bowl". When salad has been eaten, "toss" the bag! (Into a proper disposal receptacle. Remember - Leave No Trace.)

Recipe by Paul Schmick (from 2000 Outdoor Training Course)

## **BACKPACKERS CHICKEN AND RICE DINNER**

### **INGREDIENTS:**

One package Instant Rice in a boil bag  
Handful snap peas  
One chicken breast

### **INSTRUCTIONS:**

#### **At home:**

Cut chicken into cubes and sauté until 95% done. Remove from heat, place into a zip lock bag and refrigerate or freeze depending on how soon you intend to cook. Remove from freezer or fridge before you leave for the hike, in enough time so that the chicken is not frozen when you plan to cook!

#### **On the Trail:**

Cook rice and snap peas in boiling water until done. Open the bag of rice, mix in chicken, and stir until heated through.

Variations: use steak instead of chicken; flavor rice with instant soup mix.  
Enjoy!

Serves 1 - 2

By Marc Sherman

## **SLOPPY JOES**

### **INGREDIENTS:**

2 pounds lean ground beef  
1/2 cup chopped onion  
1 cup chopped celery  
1 (10.75 ounce) can condensed tomato soup  
1/4 cup ketchup  
1 tablespoon white vinegar  
1/4 cup packed brown sugar  
1 1/2 teaspoons Worcestershire sauce  
1/2 teaspoon salt  
1/4 teaspoon garlic powder  
8 hamburger buns

Place ground beef in a large skillet over medium heat. Cook until evenly browned, stirring to crumble. Stir the tomato soup (undiluted), ketchup, vinegar, brown sugar and Worcestershire sauce into the beef mixture. Season with salt and garlic powder. Heat to a simmer over low heat until thoroughly heated, stirring frequently to prevent it from burning on the bottom.

By Don Ghee

## **BREAKFAST PIZZA**

### **INGREDIENTS:**

1 can refrigerated crescent rolls or pizza dough  
1 lb. sausage; browned & drained  
3 Tbs. diced red bell pepper  
3 Tbs. diced yellow bell pepper  
1 cup thawed frozen hash browns  
1 green onion; sliced  
1 cup shredded sharp cheddar  
3 eggs; beaten  
3 Tbs. Milk  
1/2 tsp. Salt  
1 tsp. ground black pepper  
3 Tbs. parmesan cheese

### **INSTRUCTIONS:**

Unroll the crescent rolls/pizza dough. Line the bottom of a 12" Dutch oven with a layer of flattened dough. Sprinkle evenly with sausage, bell peppers, hash browns, green onion, and cheddar cheese. In a medium bowl whisk together eggs, milk, salt and pepper. Pour egg mixture evenly over top of pizza. Sprinkle with parmesan cheese.

Cover and bake using 8-10 briquettes bottom and 12-14 briquettes top for 20-30 minutes until eggs are set.

Serves 6-8

From Byron's Dutch Oven Recipes

## WORLD FAMOUS BADEN POWELL CHILI

### INGREDIENTS

2-½ lb. Ground Beef  
2 - 15oz. Cans Tomato Sauce  
2 - 15 oz. Cans Kidney beans - Drained  
1 Medium Onion - Chopped  
1 Green Pepper - Chopped  
2 pkgs. Chili Seasoning  
2 TBS. Olive Oil  
2 - 8oz. Pkgs. Cornbread Mix  
2 Eggs  
1 Cup Milk 1 Large Zip Lock bag

### INSTRUCTIONS:

Heat 12" Dutch oven over a bed of coals  
Pour olive oil into oven  
Add pepper and onion, sauté  
Add ground beef and brown meat  
Add tomato sauce, drained beans, and chili seasoning  
Stir thoroughly  
Cook for 20 - 30 minutes

While chili is cooking:

Crack eggs into the zip lock bag  
Add cornbread mix and milk  
Close bag, letting out the air so the bag won't burst. Knead bag.

***Make sure the bag is sealed completely!!***

When the cornbread is thoroughly mixed and the chili is almost done, tear off a corner of the zip lock bag and pour the mixture over the chili in a spiral pattern.

***NOTE: DO NOT STIR THE CORNBREAD INTO THE CHILI!!***

Place lid back on the Dutch oven and place 12 - 16 hot coals on the lid to bake the cornbread.

Cook until the cornbread is lightly browned.

Serves 8.

By Phyllis Oakes

## DUTCH OVEN LASAGNA

### INGREDIENTS:

3 Lbs. Lean ground beef  
2 large cans spaghetti sauce (I like Hunt's Four Cheese)  
2 large containers ricotta cheese  
2 boxes no-boil lasagna noodles  
1 small can grated parmesan cheese  
2 8 oz bags shredded mozzarella cheese (or Italian cheese mix)  
Italian seasonings (oregano + any others you like)  
Garlic powder  
Salt and pepper

Heat a 12" Dutch oven using 10-15 briquettes bottom until hot. Brown ground beef. Remove from Dutch Oven and empty excess fat. Remove Dutch Oven from heat. Begin by adding a thin layer of sauce to Dutch Oven. Next a layer of noodles, ricotta, mozzarella, meat more sauce and repeat until DO if full or materials are used up. Remember to sprinkle herbs, garlic powder and parmesan cheese over sauce as you go. Make sure sauce always contacts noodles, which need moisture. Top it all off with mozzarella.

Reduce coals on bottom to 5-8 and add 15 or more coals to the top, adding more as they burn away. Bake for 35-40 minutes. When sauce is bubbling up and noodles are soft, lasagna is ready to serve. Best to let it rest for 10 minutes before serving.

Serves: 6-8

Recipe by Don Dailey



## DUTCH OVEN CHICKEN POT PIE

### INGREDIENTS:

4 boneless, skinless chicken breast halves; diced  
3 TBS cooking oil  
4 cloves garlic; minced  
1 yellow onion; diced  
4 medium potatoes; diced  
1 16 oz.) bag frozen mixed vegetables; thawed  
1 10.5 oz can chicken stock  
1 10.5 oz can cream of mushroom soup  
1/2 C milk  
1 TBS Worcester sauce  
1 1/2 tsp poultry seasoning  
1 can refrigerated crescent rolls  
salt & pepper

Heat a 12" Dutch Oven using 20-22 briquettes bottom until hot. To hot oven add oil, chicken; season with salt and black pepper to taste. Cook chicken stirring frequently until chicken is no longer pink. Add onions, garlic and potatoes and continue cooking until onions are translucent but still firm. Stir in mixed vegetables, soup, evaporated milk, poultry seasoning and Worcestershire; season with salt and pepper. Let mixture come to a low boil. Unroll the crescent rolls and create a top crust by layering flat rolls across the top of ingredients.

Reduce the heat on bottom to 8-10 briquettes and add 14-16 briquettes to the lid. Bake for 25-30 minutes until the rolls are golden brown and flaky. Check to make sure potatoes are cooked through. If not, then remove all briquettes from the lid and continue to cook maintaining bottom heat to keep pie bubbling an additional 15 minutes until potatoes are cooked through.

Serves: 6

Adapted from Byron's Dutch Oven Recipes by Don Dailey

## FOIL WRAPPED CHICKEN CORDON BLEU

### INGREDIENTS:

1 Boneless Chicken Breast - split (filleted)  
1 Sliced Boiled Ham  
1 Stick String Cheese  
1 Pat of Butter  
1 Potato - small cubes  
1 Carrot - sliced  
1 Small Onion - chopped  
Bread Crumbs  
Non-stick Cooking Spray  
Toothpicks  
Aluminum Foil

### INSTRUCTIONS:

Lay out foil and spray with non-stick spray  
Roll the ham around the string cheese (secure with toothpick if necessary)  
Roll the chicken breast around the ham & cheese roll and secure with another toothpick if necessary.  
Roll the chicken breast in the breadcrumbs and place in center of the foil.  
Place the vegetables on one side of the chicken breast and add butter.  
Fold foil loosely and place in hot coals.  
Cook for 15 minutes each side.  
Variations: Add garlic; use Swiss cheese; add fresh dill, parsley, or brown gravy mix. Substitute olive oil or margarine for butter (but use some kind of fat or shortening so everything cooks).  
Bon Appetite!  
Serves 1

By Bill Strong

## GARBAGE PAIL TURKEY

### INGREDIENTS:

12 lb. Fresh Turkey (11 to 13 lbs. are pushing the envelope, but possible)

Seasoning (see below)

10-gallon galvanized garbage can (some parts of the country call this a garbage pail)

15 lbs. of charcoal

1 small shovel

4 bricks

15 - 20" wooden stake

1 roll heavy-duty aluminum foil

2 sturdy carving forks

2 pairs of pliers

Large platter

Seasoning:

You can use any of your favorite recipes or marinades to cook the turkey. For my trial run, I used salt, pepper, and a Jamaican jerk rub on the inside and outside of the bird. To give it some color and extra flavor, I brushed on a molasses/soy sauce glaze just before cooking, and it was tasty.

### INSTRUCTIONS

1. Start the coals in the lid of the can. While they are warming up, spread the tin foil on the ground with the shiny side up, in an area 12" wider than circumference of the garbage can.
2. Drive your wooden stake in the center of the foil, deep enough to sturdily support a 12 lb. turkey. You don't want that bird slipping off and cooking in a big heap at the bottom. Cover the stake with foil before you put the turkey on.
3. REMOVE THE PACKAGE OF GIBLETS FROM THE NECK OF THE BIRD!
4. Impale the turkey on the stake, legs up, making sure once again that the turkey is well situated and won't slip off during cooking.
5. Cover the turkey with the garbage can.

## GARBAGE PAIL TURKEY (CONTINUED)

5. By now, your coals should be hot and ready to go. Shovel onto the top of the can one layer of hot coals, and spread the rest of the coals around the bottom outer edge of the can.
6. What you've done is create an incredibly hot convection oven. (Remember, this is Science at work here, so resist the temptation to peek under the hood.) Cook the bird for a full 90 minutes. During this time, you'll need to keep dogs and small children away. Singed hair and skin grafts just aren't any fun during the holidays.
7. When the time is up, lift the can straight up with pliers, and toss aside. It's going to smell mighty fine, so you need to continue to keep away unattended creatures.
8. Behold the Bird. Now I'm not saying that it's going to look real pretty at this point, but boy will it taste good. Lift the turkey straight up with the two strong forks, plop it on a platter, and cover with tin foil. Wait about 30 minutes before you start carving. The bird will probably be too hot to handle.
9. Dig in and enjoy!

Serves 12-15

<http://nashville.citysearch.com/feature/3828/2.htm1>